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BOSTON Tuesday, April 22, 2014 www.metro.us | t:MetroBOS | f:MetroBoston

A strong finish

A race to remember. On Monday, Boston took back its marathon.
Feeling the love. Nearly 36,000 runners were cheered on by crowds of spectators, especially on Boylston Street where emotional celebrations took place at the finish line.
Breaking barriers. For the first time in three decades, an American, Meb Keflezighi, won the men's division.

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Rooftop farm aims for new heights

PAGE 04

Got some time to read these rhymes?

PAGE 09

Eco-friendly adventure abounds in Florida

PAGE 10

Politically correct parenting made easy

PAGE 11

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1 NEWS

Top 3

What's trending online at Metro.us

1 "True Blood' final season trailer debuts'

2 'VIDEO: Springer spaniel dog freaks out in car after seeing squirrel'

3 'Craig Sager's son interviews Gregg Popovich in his father's absence'

Today's tweet

"3:31 on an incredibly emotional and celebratory day. Never seen crowds that loud! #BostonStrong"

Mayor Marty Walsh's chief of staff @dank after finishing the marathon

Stronger than ever, Boston runs as one

Marathon Monday. Runners from across the nation showed their resilience during the 118th Boston Marathon.

Under perfect skies Monday, amid the cheers and smiles of roughly 1 million people, Boston took back its marathon.

Brian Lashinksi's eyes were alive with tremendous joy and passion as he slowed to a walk past the Boylston Street finish line of the 118th Boston Marathon, waving to spectators and shouting: "Boston Strong!"

"I feel fantastic. I have never been more proud to be a part of any race in my entire life," said Lashinski, a Minneapolis, Minn., resident who trained in 20-below temperatures to prepare for Monday's race.

"Toward the end I just kept going. I didn't even keep an eye on my pace. I wanted to make this the greatest race of my life," said Lashinski.

Spectators on the sidelines kept their enthusiasm up throughout the day. As runners pushed their way through the final stretch, cheers, bells and applause bellowed into the Boston air.

"It's been like that the whole way," New Jersey runner Bill Washer said of the crowd. "It was awesome. It was definitely motivating. Toward the end, you just didn't want to stop."

Michelle Johnson-Houghton of Grand Rapids, Mich., was one of those supporters. She eagerly awaited her nephew's arrival at the finish line.

"It's hard to believe anything bad ever happened here. It's such a beautiful event. This has always been such an uplifting race. People support it with their hearts and souls," she said. "I wouldn't miss this, and I'll be back for more."

East Boston resident Kimberly Haley said she trained all year, but was unable to get a number.

"And if you can't run, the next best thing you can do is show up and support everyone else that runs. Today has made me want it even more. I'm just hungrier for it," said Haley, admonishing the suspects of last year's fatal marathon bombing.

"How dare somebody take that away from millions of people," said Haley. "The only way to rise above that is to come right back and pour into that loving, supportive environment again."

But for some, the day's unbridled brightness was darkened by memories of last year's tragedy.

Kristin Woodward, of Washington, D.C., stood on St. James Avenue, wrapped in a shiny thermal blanket. Her face, streaked with dried salt, peered over the crowds in search of her husband.

"It was hard, physically and emotionally. Truly, I was hurting a lot. All I could think about was the little boy who was killed," Woodward said of 8-year-old Martin Richard, her voice breaking, tears welling in her eyes.

"I just kept thinking, 'He's never going to get to run around and play again, so you have to keep going.'"

But that sadness didn't inhibit Woodward's resolve: "It gave me a purpose. Every time I run a marathon I ask myself, 'Why do this to yourself?' but with this one, there was a reason behind every step."

Runners celebrated crossing the Boston Marathon finish line on Boylston Street on Monday. Some shouted in excitement, while others embraced or found a place to rest after receiving their medals.
NICOLAUS CZARNECKI, METRO

Maximum capacity

A strong showing on Boylston St.

Spectators turned out in full force and lined the sidewalks about 10 people deep in some areas. An estimated one million people cheered on runners along the 26.2-mile route.

But to get in the area near the finish line, people carrying bags had to have their belongings examined by security before being allowed past the barriers.

Those going through security were being patient and cooperative with the security officers.

At about 12:30 p.m., Boylston Street hit full capacity and spectators were denied access to the finish line area.

Boston police instead directed people to Kenmore Square and other areas.

Boston stronger

Roughly 35,760 runners from 96 countries competed in the second-largest field in history for the 118th running of the Boston Marathon.

- Race organizers expanded the field by about 9,000 runners this year in part for the roughly 5,000 athletes who were forced to stop before being able to finish the course in 2013.
- Among those who gathered at the finish line to cheer on the runners were some of the bombing survivors. Jeff Bauman, who lost both of his legs, and dancer Adrianne Haslet-Davis posted a photo of themselves on Twitter.

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Death investigation. Hub inmate dies in jail cell

An inmate was found dead in his cell at a Suffolk County jail over the weekend.

Rohan Blackwood, 28, was found unresponsive inside his cell at the South Bay House of Correction, said Peter Van Delft, a Suffolk County sheriff's office spokesman.

Blackwood, who was serving time for assault with a deadly weapon, was found by a correction officer conducting rounds just after midnight on Saturday. The guard issued an alert and attempted CPR and other life-saving measures, but Blackwood was pronounced dead at the scene, Van Delft said.

Blackwood had been incarcerated since March.

Van Delft said that based upon preliminary observations there were no signs of foul play or any indication that the death was a suicide.

Investigators from the sheriff's office and Boston police are investigating.

South Bay was designed to accommodate 900 inmates, but can currently house as many as 1,900 inmates. MICHAEL NAUGHTON

Marathon injury

Newton woman falls 18 feet from broken balcony

A woman watching the Boston Marathon from the balcony of her Newton home was taken to a hospital when a railing gave way and she fell 18 feet.

Newton fire officials said the woman was leaning against a railing on her Commonwealth Avenue balcony when it failed. GLOBE

Boston's first rooftop farm aiming even higher

See more at www.metro.us

Urban farmers Dave Ludgin and Courtney Hennessey of Higher Ground Farm on top of the Boston Design Center. / NICOLAUS CZARNECKI, METRO

Earth Day. Higher Ground Farm is looking forward to a busy second season.

As Higher Ground Farm heads into its second season atop the Boston Design Center in the Seaport District following its opening last July, it appears that the city has taken a liking to the roof-grown produce.

"It seems like a lot of people are starting to turn toward urban agriculture," said Courtney Hennessey, the farm's co-founder. "I think we're definitely at the beginning of a big movement."

This year, Higher Ground will have a full-length growing season. Hennessey and co-founder John Stoddard will start seeding today, on Earth Day, and they plan to start harvesting at the end of May.

The farm sold more than 2,000 pounds of produce to 14 local businesses last year, delivering it all on bicycles.

The duo is now launching a "Got Milk Crates?" campaign to try and collect 450 milk crates to add to the 1,400 they already use as planters.

Anyone interested in donating crates can contact Higher Ground Farm through its Facebook or Twitter pages.

Quoted

"One of the best things about us being in the city is that we are able to harvest and deliver produce within an hour."
Stoddard

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morgan.rousseau@metro.us

Join us for an informational meeting on the MBTA Fare Proposal

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- American Sign Language services and assistive-listening devices are available at all public workshops and hearings. All locations are accessible to persons with disabilities.
- Written comments will also be accepted through Wednesday, April 30, 2014, and should be mailed to: MBTA, 10 Park Plaza, Boston, MA 02116, Attention: Fare Proposal Committee.
- You may also submit your comments electronically at the MBTA website mbta.com, by email at fareproposal@mbta.com, or by phone at (617) 222-3200, TTY (617) 222-5146.

MEETING LOCATIONS

Tuesday, April 22
Public Hearing
6 p.m.–8 p.m.
State Transportation Building
Conf. Rooms 1, 2, 3
10 Park Plaza
Boston, MA 02116

Wednesday, April 23
6 p.m.–8 p.m.
Lynn City Council Chambers
3 City Hall Sq., Room 408
Lynn, MA 02901

Thursday, April 24
6 p.m.–8 p.m.
Roxbury Community College
Student Center Cafeteria
1350 Tremont St.
Roxbury, MA 02120

Monday, April 28
6 p.m.–8 p.m.
Middlesex Community College
Lowell Campus
Federal Building,
Assembly Room
50 Kearney Sq.
Lowell, MA 01852

Tuesday, April 29
6:30 p.m.–8:30 p.m.
Newton City Hall
City Council Chambers
1000 Commonwealth Ave.
Newton, MA 02459

Tuesday, April 29
7 p.m.–9 p.m.
Framingham Town Hall
Memorial Building
Blumer Room
150 Concord St.
Framingham, MA 01701

Wednesday, April 30
6 p.m.–8 p.m.
Medford City Hall
Alden Memorial Chambers
85 George P. Hassett Dr.
Medford, MA 02155

Wednesday, April 30
7 p.m.–9 p.m.
Attleboro High School
Auditorium
100 Rathbun Willard Dr.
Attleboro, MA 02703

MBTA ha publicado información importante en su sitio web con respecto a la propuesta de tarifas. Por favor visite mbta.com y lea la información provista. Si necesita ayuda para traducir la información, llame a MBTA al (617) 222-3200, TTY (617) 222-5146.

MBTA在其網站提供了有關票價提議的重要資訊。請訪問mbta.com瞭解所提供的資訊。如您需要幫助翻譯該資訊，請聯絡MBTA，號碼為：（617）222-3200，TTY（617）222-5146。

MBTA te bay enfòmasyon enpòtan sou wèbsayt li konsènan pwopozisyon pri tikèt la. Tanpri ale nan mbta.com epi li enfòmasyon ki make yo. Si w bezwen asistans pou tradui enfòmasyon sa a, tanpri kontakte MBTA nan (617) 222-3200, Sèvis pou malantandan (617) 222-5146.

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A MBTA publicou informações importantes em seu site sobre a proposta de tarifas. Visite mbta.com e leia essas informações. Se precisar de ajuda para traduzi-las, entre em contato com a MBTA pelo telefone (617) 222-3200, TTY (617) 222-5146.

Please visit mbta.com for a complete list of public meetings and workshops.

Massachusetts Bay Transportation Authority

massDOT Massachusetts Department of Transportation

Fiery crash on Zakim claims life of woman

Car crash. A tractor-trailer hit a taxi early Monday morning on the Zakim Bridge before bursting into flames.

Crews work to clear the remains of the Zakim Bridge crash after the tractor-trailer caught fire. / NICOLAUS CZARNECKI, METRO

A female taxi driver was killed in a fiery crash Monday morning on Zakim Bridge that left black scorch marks on the structure and shut down several lanes of a major highway for hours.

Debra Sarno, 54, of Chelsea, was driving a cab for Malden Taxi when she was killed in the crash, state police said. The cab, for a reason that is under investigation, was stopped in the right lane of northbound I-93 on the bridge when it was hit from behind by the tractor-trailer just before 6 a.m.

The produce truck driver, a 47-year-old Connecticut man, suffered minor injuries.

Police worked to collect footage from public safety cameras in the area and conducted interviews to determine the cause of the crash, according to the Suffolk district attorney's office.

No charges had been filed as of Monday afternoon.

The crash severely stalled traffic along I-93 on both sides of the bridge for hours.

Anyone with information about the crash is asked to call police at 617-727-8817.

MORGAN ROSSEAU
and MICHAEL NAUGHTON
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South Korea ferry disaster

Park: Conduct of ferry crew tantamount to murder

South Korean President Park Geun-hye said on Monday that the actions of some crew of a ferry that sank with hundreds feared dead were tantamount to murder.

Captain Lee Joon-seok, 69, and two other crew members were arrested last week on negligence charges, with prosecutors announcing four further arrests — two first mates, one second mate and a chief engineer — on Monday.

Lee was also charged with undertaking an "excessive change of course without slowing down" while traversing a narrow channel.

Several crew members, including the captain, left the ferry as it was sinking, ahead of the passengers, witnesses have said. REUTERS

Ukraine peace deal falters as rebels show no signs of surrender

You first. Separatists will not disarm until Right Sector, a Ukrainian nationalist group, does so first.

A seized military vehicle is seen near the 25th Airborne Brigade in Slayyansk, Ukraine, on Monday. / GETTY IMAGES

An agreement to avert wider conflict in Ukraine was faltering on Monday, with pro-Moscow separatist gunmen showing no sign of surrendering government buildings they have seized.

U.S. and European officials say they will hold Moscow responsible and impose new economic sanctions if the separatists do not clear out of government buildings they have occupied across swathes of eastern Ukraine over the past two weeks.

U.S. Vice President Joe Biden arrived in Kiev, where he is expected to announce a package of technical assistance. The visit is likely to be more important as a symbol of support than for any specific promises Biden makes in public.

"He will call for urgent implementation of the agreement reached in Geneva last week while also making clear ... that there will be mounting costs for Russia if they choose a destabilizing rather than constructive course in the days ahead," a senior administration official told reporters. REUTERS

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Stowaway

Teenager survives flight over Pacific in wheel well of jet

A teenage boy who ran away from home survived a five-hour flight in the freezing wheel well of a jetliner that reached 38,000 feet as it traveled from California to Hawaii, the FBI said.

The 16-year-old, from Santa Clara, Calif., quickly lost consciousness as temperatures in the compartment sank as low as minus-80 degrees Fahrenheit, said FBI Special Agent Tom Simon.

About an hour after the plane landed on Sunday morning, the boy regained consciousness and emerged onto the tarmac at the airport in Maui, where he was spotted by ground crew.

"It's just an apparent miracle. ... There was no appearance of any special gear of any sort," said Simon.

REUTERS

Law on listing Israel as birthplace reviewed

Supreme Court.
U.S. citizens born in Jerusalem could claim Israel as their birthplace if the law is upheld.

Jerusalem is claimed by both Israelis and Palestinians. / COLOURBOX

The U.S. Supreme Court on Monday agreed to weigh the constitutionality of a law designed to allow American citizens born in Jerusalem — the historic holy city claimed by Israelis and Palestinians — to have Israel listed as their birthplace on passports.

The case concerns a long-standing U.S. foreign policy that the president — and not Congress — has sole authority to state who controls Jerusalem. Seeking to remain neutral on the hotly contested issue, the State Department allows passports to name Jerusalem as a place of birth, but no country name is included.

The State Department, which issues passports and reports to the president, has declined to enforce the law passed by Congress in 2002, saying it violated the separation of executive and legislative powers laid out in the Constitution. In court papers, President Barack Obama's administration said taking sides on the issue could "critically compromise the ability of the United States to work with Israelis, Palestinians and others in the region to further the peace process."

The government has noted that U.S. citizens born in other places in the region where sovereignty has not been established, including the West Bank and the Gaza Strip, are similarly prevented from stating a country of birth on their passports. REUTERS

Founding of Israel

1948

Since the founding of Israel in 1948, U.S. presidents have declined to state a position on the status of Jerusalem, leaving it as one of the thorniest issues to be resolved in possible future Israeli-Palestinian peace talks.

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2

CULTURE

Twitter feed

Today in the Twitterverse, Lena Dunham is not a morning person, Ricky Martin is learning how to play the game of life and Chloe Grace Moretz has some questionable taste in TV.

@lenadunham: Well, 5:30 am, we meet again, despite the fact that I just keep talking s— about you on the internet.

@ricky_martin: If u pay attention, you move ahead!

@ChloeGMoretz: Real housewives of Atlanta reunion... Omg..

Peaches Geldof's coffin features a painting of her family

Well, this is the saddest thing ever.

The coffin of 25-year-old Peaches Geldof featured a painting of her with her young family, including her husband, musician Thomas Cohen, and two young sons, Astala, who will turn 2 next month, and Phaedra, who will turn 1 later this month. If that weren't sad enough, two of the family's dogs as well as their cat are also included on the coffin artwork.

Geldof was buried Monday in Kent. Such notable figures as Sarah Ferguson, former Rolling Stones bassist Bill Wyman and Kate Moss attended her funeral, where Geldof's father, Sir Bob Geldof, reportedly gave the eulogy.

The coffin of Peaches Geldof was painted with a portrait of her young family — including their pets.

2

"Lindsay" ended with the bombshell that she suffered a miscarriage earlier in the season. / ALL PHOTOS GETTY IMAGES

Lohan spills all

Sunday night's episode of "Lindsay," the Oprah Winfrey-produced reality show featuring America's favorite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered a miscarriage earlier in the season, but she claims her infamous sex list was stolen from rehab.

Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick. … Mentally, that messes with you." The father was not named.

She also opened up about her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford [treatment] — it's step No. 5 or step No. 8, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person."

So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo [of my Betty Ford book] and I'm pretty sure I know who it is, and they're not part of my life anymore."

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Talking points

Moore going to India during Kutcher's wedding

Demi Moore is looking to be anywhere but Los Angeles for ex-husband Ashton Kutcher and Mila Kunis' big wedding, according to Star magazine. "Demi is tapped into Ashton and Mila's wedding planning, and she's telling friends that she's going to get out of town during the timeframe of when the wedding and pre- and post-wedding festivities will go down," a source says. "Demi knows she'll have to endure hearing about the affair … and seeing pictures.

But the wound is still fresh from their divorce, and Demi doesn't want anything to trigger a relapse." So just what will she be doing instead? "When she gets word … about the exact date, she's booking a trip to the yogic spiritual center of India, Rishikesh, where she'll submerge herself in days of waking at 4 a.m., chanting, meditation, yoga by the Ganges River, light eating of only meager portions of vegan foods and dressing in saffron-colored robes. She'll be cut off from all technology including phones, Internet and TV," the source says.

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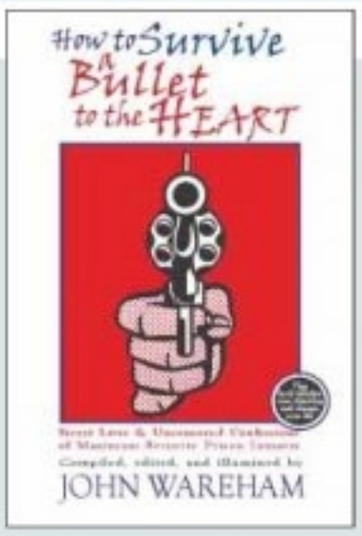

National Poetry Month

Prisoners turn pain into art

John Wareham gave a group of people who aren't used to having a voice a way to be heard by compiling a book of poems by prisoners, "How to Survive a Bullet to the Heart." Here are two of them, exclusively reprinted here.

EMILY LAURENCE

More to It

By Rudy Bisnauth

There's more to it than cuffs and
crackles.
More to it than pain and
shackles.
More to it than
days and nights.
More to it than
oozing life.
More to it than
parsing crime.
More to it than
counting time.

I woke and saw that pain's
a blessing.
Judgement Day is life's
undressing.
Caress what is to be your rest;
love, in time, will be your
test.

To me there is a whole lot
more.
A door to open many tours.
More to it, I count my breath,
how many whispers might be
left?

See more at www.metro.us

Embraces

By Josue "Big Bear" Pierre

Even after all these years
visiting day, I must say,
can leave me in tears.

To see loved ones I first strip
naked
and consent to be degraded.

Needless to say
to embrace the faces
who journey the day
to this cold chalet
come in answer
to what I pray.

Being with those I love is joy
but too soon time flies,
then comes goodbye.

You might walk by Boston's own version of Richard Musto every day. / MICHEL DELSOL

Befriending a homeless man

Living poetry.
"The Life and Times of Richard Musto" tells the story, through a poem, of someone you might have passed on the street but never noticed.

They are the people many of us pass every day and try not to look at. Whatever excuses we tell ourselves to keep our distance — they just want money; I don't have time; they're either crazy, on drugs or both — poet Joe Lamport stopped making them. Instead, he formed a close friendship with a man who lived in a cardboard box, getting to know his past, present and hopes for the future. The result is "The Life and Times of Richard Musto," a poem that tells the story of the 89-year-old World War II vet.

Celebrating National Poetry Month isn't only about remembering the great poets of the past. Hearing Musto's story just might inspire you to pen your own poem about someone you see every day or a part of the city that's usually overlooked. Here, exclusively in Metro, are the first words of the book:

It's out on the street
Where such stories begin
As we're rushing to work
Late for a meeting
Or mindlessly drifting
Amidst the densely packed
throng
That's where we
People of the Midtown South
Precinct step the most lively
Alone yet primed and ready
To love unrequited
The next passing stranger
Just as Baudelaire did
Or else if we dare
We might stop and inquire
Where someone is from
Not in the least prepared
For whatever comes next

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Earth Day travel in the Florida Keys

Ecotourism. Plus: Tips for choosing your own eco-adventure.

Ken Nedimyer, president of the Key Largo-based Coral Restoration Foundation, poses in the organization's coral nursery. / CORAL RESTORATION FOUNDATION

Go kayaking in Key Largo to take in your surroundings. / LINDA CLARKE

The Florida Keys, a string of islands between the Atlantic Ocean and the Gulf of Mexico, is home to the only living coral reef in the U.S. That is, they live, but barely. Snorkeling above the Keys' Sombrero Reef reveals branchless, bleached coral and scant fish life. Coral is an animal with living tissue, and when that tissue dies all that's left are bare bones. With the reef's ecosystem damaged, creatures, like long-spined sea urchins, that keep invasive coral-damaging algae down decline, accelerating its demise.

Ecotourism is about interacting with nature without dominating or harming it. Instead of killing or capturing animals, visitors here observe and experience them on their turf and on their terms. It's an enormously different, far more intimate experience than seeing caged animals in zoos or captive sea mammals in aquariums.

As the Keys' tourism depends on fertile waters, ecotourism is more than just a buzzword here: It's a strategy for survival. Catch-and-release fishing and limiting catches are encouraged; instead of jet skis, more businesses offer paddleboarding and kayaking; and veteran resorts like Islamorada's Cheeca Lodge & Spa ban thrill craft like jet skis to protect shallow waters' turtle grass and fish breeding grounds. Cheeca Lodge also offers in-room recycling via designated bags. It seems a small measure, but given the volume of tiny shampoo bottles discarded each day alone, the long-term impact is huge.

Environmental and animal protection in the Florida Keys began more than a century ago with the creation of the Key West National Wildlife Refuge, which protects about 2,000 acres of unpopulated islands and 200,000 acres of marine waters. In 1938, the Great White Heron National Wildlife Refuge opened to provide safe breeding areas for these South Florida natives, which are North America's largest wading bird. The National Key Deer Refuge was established in 1957 to protect more wildlife, notably the threatened indigenous small Key deer.

Decline in the Keys' coral reef became noticeable in the 1970s, but it wasn't until 2003 that the Coral Restoration Foundation was formed in Key Largo to counteract the ravages of disease, climate change and pollution. The group's work has spread to other coral-depleted areas in Colombia and the Caribbean. This year, the foundation aims to transplant 20,000 pieces of coral in the Keys' nurseries. Given the dire situation, however, is it too little, too late?

"We're very optimistic that the coral reef will come back," the Coral Restoration Foundation's Jessica Levy says. "There are so many angles and obstacles, and getting the transplant volume out there and making sure past mistakes aren't repeated is crucial.

"Still, the first transplants took nine years to spawn. Now, the coral are spawning only two years after transplantation," she beams. "That's huge."

LINDA CLARKE
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PLUS

Visit the Florida Keys

1 Fly: American Airlines has daily direct flights to Miami International Airport.

2 Stay: Cheeca Spa & Lodge, Islamorada: Room rates from $269; 800-327-2888. Tranquility Bay Beach House Resort, Marathon: Room rates from $239; 305-289-0888.

3 Eat: Most restaurants serve local, responsibly harvested fish, including Cheeca's Atlantic's Edge and Chef Michael's, which is among the Keys' best restaurants: 305-664-0640.

Do it right

Follow the rules

The Global Sustainable Tourism Council and Sustainable Travel International are working together to establish a set of universal guidelines for destination sustainability. However, whether habitats survive depends on individual behavior. Even something as simple as switching sunscreens (the Coral Restoration Foundation recommends the reef-friendly 3rd Rock Sunblock) helps. According to an article published in Environmental Health Perspectives, between 4,000 and 6,000 metric tons of sunscreen washes off swimmers into the ocean annually, bleaching coral and ultimately killing it.

Dr. Kelly Bricker, chair of the Global Sustainable Tourism Council, gave us the ground rules of ecotourism:

1 "The actions and activities of the ecotourist support conservation and all living beings within the ecosystem they have the opportunity to visit."

2 "The actions and activities of the ecotourist respect local communities and provide direct financial support through their tourism expenditures."

3 "The ecotourist does their homework to support travel businesses that are built on sustainability, have low-impact activities that directly support conservation efforts, provide a meaningful, quality experience and enhance the learning and awareness of the traveler."

Parenting without gender stereotypes in a pink and blue world

New book. Find out how labeling children by gender can have long-term effects on them.

"Parenting Beyond Pink & Blue," by Christia Spears Brown, comes out today. / PROVIDED

Anyone who has tried buying a gender-neutral gift for a child knows how limited the options are. But Christia Spears Brown, Ph.D., author of "Parenting Beyond Pink & Blue," says you can still buy "girl" and "boy" toys for your children without scarring them for life.

"There are two important things to keep in mind," Brown tells us. "One is to think about the kinds of traits and skills you want your child to develop. The other is to remember that kids learn from every toy you give them, so you need to choose toys that will foster those traits and skills. ... You have to meet kids where they are. Some girls really enjoy feminine toys, and some girls don't. If your girl does, that's fine. There's nothing wrong with pink Legos."

Brown says it's important to pay attention to gender stereotypes, even when your children are very young. As kids get older, issues stemming from such stereotypes might arise. By third grade, 70 percent of girls don't like the way their bodies look, according to a study she cites, while boys often have problems with aggression and expressing their emotions. She believes that raising kids in a way that makes gender irrelevant helps to counteract these common problems.

A lot of parents say this is easier said than done. "Moms tell me they buy their sons dolls, and they just throw them against the wall," Brown says. "There are other ways to practice nurturing and being empathetic, like helping care for a family member or pet."

Other parents complain that you can't control what happens at school or on play dates. "You can't control the outside world," Brown acknowledges. "Parents have to make sure that they're the loudest voice in the den of voices, so when other people are giving your kids messages, your voice is part of the messages that they hear."

Quoted

"Moms tell me that they buy their sons dolls, and they just throw them against the wall. There are other ways to practice nurturing and being empathetic, like helping care for a family member or pet." Brown

Even being an expert in this field and practicing what she preaches, she admits that her own daughters still challenge her. "When my daughter was 4 years old, she loved princesses. Of course, I can't stand princesses, so I asked her, 'What is it that you like about them?' She told me she liked that they wore sparkly, pretty clothes. Well, I don't have a problem with sparkly, pretty clothes. What I don't like is the focus on appearance and waiting for the boy to come and save you.

"So I introduced her to Wonder Woman, who has a sparkly belt, tiara and bracelets. It really took off with my daughter. You can't just be anti-princess or anti-girly toys. It's about what's good about the toy that you can keep, and how you can reject the things that are bad."

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Source: Scarborough 2012-13

Horoscope

♉ Taurus | April 21-May 21. There is someone you can't stop thinking about. Get in touch with this person, share your feelings and plan something special to satisfy your romantic mood.

♊ Gemini | May 22-June 20. Be ready for a moneymaking or professional opportunity to come your way. Network with your peers for career options.

♋ Cancer | June 21-July 22. You'll face opposition if you voice your opinion. There is someone in your circle who may be able to offer some helpful advice. Listen to it, but ultimately make choices based on your needs.

♌ Leo | July 23-Aug. 22. Social media or a vocational seminar could offer valuable insight regarding future job prospects. Consider what interests you the most, do your research and make an informed decision.

♍ Virgo | Aug. 23-Sept. 22. Physical activity will be challenging but rewarding. You can improve your self-image and make new friends. Your confidence and popularity are on the rise. Enjoy close encounters.

♎ Libra | Sept. 23-Oct. 22. Give someone you are questioning the benefit of the doubt. An honest mistake is not worth the cost of friendship.

♏ Scorpio | Oct. 23-Nov. 21. Make a point to learn something new. Whether you comb the Internet or do some research at your local library, there's plenty to discover.

♐ Sagittarius | Nov. 22-Dec. 21. Although you may be inclined to spend some money on your own enjoyment, this is not a good time to lend cash or possessions to others. An interesting investment will increase your income.

♑ Capricorn | Dec. 22-Jan 20. Don't give in to pressure. Make your decisions based on facts. Take your time and wait until you are absolutely sure that you're making the best choice.

♒ Aquarius | Jan. 21-Feb 18. You might be tempted to get involved in an unusual or questionable activity. Intrigue and adventure must not entice you to participate in a shady endeavor.

♓ Pisces | Feb. 19-March 20. The attention you offer a younger person will be appreciated. If you are patient and understanding, your compassion and caring will help you form a closer bond and a new ally.

♈ Aries | March 21-April 20. Don't let an emotional situation ruin your day or a relationship with someone special. Honesty will help alleviate discord.

BERNICE BEDE OSOL

Letters

Change your mind on climate change

Re: 'Earth Day preview' (Metro, April 21) It's laughable to be lectured about why Americans should change how they think and live by the multimillionaire actors Chris Noth and Matthew Modine, who reside in multimillion-dollar properties and travel in energy-guzzling jets and limousines. Modine calls those who question man-caused climate change "ignorant asses." Well, Modine is the ignorant one, as science and facts are becoming increasingly at odds with him and other true believers like him. If your science is so good, you don't "lose" original scientific "data," such as global-warming scientists did when asked for their research data. Mr. Modine and Mr. Noth: Ever wonder why the charlatans pushing this nonsense changed the phrasing from the disprovable "global warming" to the general and all-encompassing "climate change"? That's a rhetorical question, gentlemen.

TOM WARD, VIA EMAIL

Illegal: Against the law

I find it very disturbing that our government leaders, both locally and nationally, fail to understand the term "illegal." A person who enters this country illegally should automatically be liable for deportation, whether they've committed a crime or not. They already committed a crime by sneaking into this country. To enact laws that cater to people who openly disregard U.S. laws and the norms of society is, itself, a criminal act. It does matter how they got here. To make such a statement is a slap in the face of all the honest, hardworking people who came to this country legally. They work legally, pay taxes, LEARN THE LANGUAGE and become part of the fabric of American society that's not a blight on society. Stop using illegal immigrants as pawns for votes. It's pathetic.

KEN WENDELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

					9	7	8	6
	4	6				9		
		3	8		2			
4			7	8		6		
			5		6			
		7		4	3			8
			6		5	3		
		2				5	7	
1	3	5	9					

	9			2	5			6
	7		8		9			
3			7	1				
7	1						9	
6		2				8		7
	4						2	1
				8	7			3
			9		4		6	
5			1	3			4	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

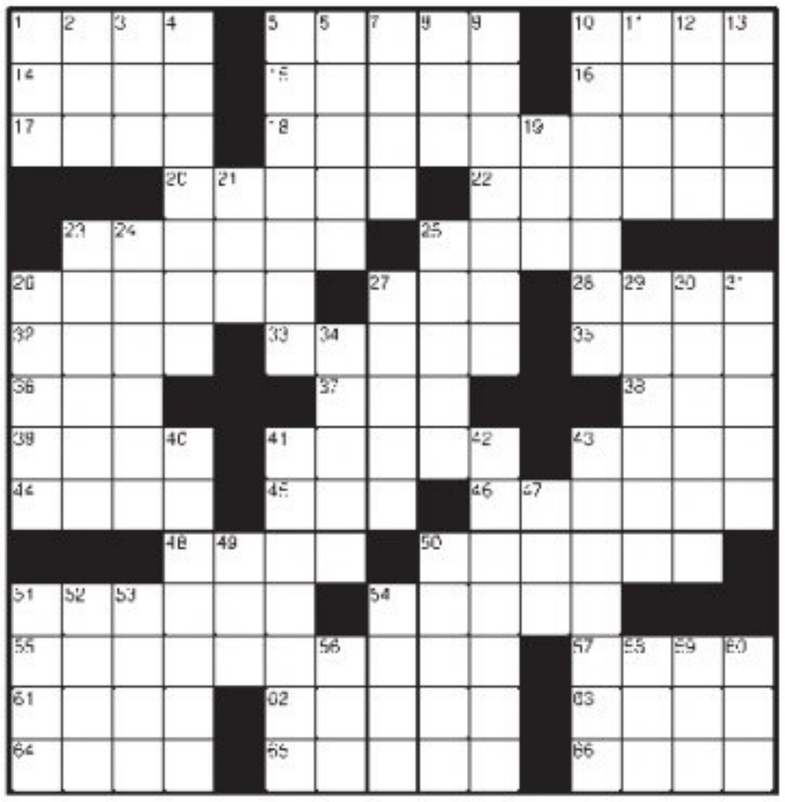
Across
1 Juicy pear
5 Ranis' spouses
10 Aloe —
14 Like a rain forest
15 Wyoming neighbor
16 Bing Crosby tune
17 "I, —" (rock autobiography)
18 Cilia possessor
20 Says hoarsely
22 Pleases greatly
23 Vote
25 Link up
26 Conviction
27 Is able to
28 "Wool" on clay sheep
32 "Omigosh!"
33 Silly comedy
35 Yin complement
36 Part of TGIF
37 "— Vadis?"
38 Md. neighbor
39 First cousin's mom
41 Bossa nova kin
43 German industrial region
44 101 and I-25
45 Diminish
46 Celtic priests
48 Arm bone
50 Kind of penguin
51 Trawler nets
54 Noted wise guy
55 Street urchin
57 Technical sch.
61 Lepton locale
62 Made public
63 Pirates' base
64 Graceful wrap
65 Mrs. Helmsley
66 Sherpa's sighting

Down
1 Mayo go-with
2 Ja, to Jacques
3 Common ID
4 Sheen or Parker
5 Overcharges (2 wds.)
6 Make fit
7 Pickle holders
8 "Gotcha!"
9 Whoever
10 Opening
11 Give off heat
12 Casanova type
13 Jacket features
19 Bulldogs backer
21 Pub pint
23 Lebanese port
24 Downhill skiing
25 John — Astor
26 Without doubt (2 wds.)
27 Ant's morsel
29 Pineapple source
30 Encroach on
31 Petri dish gels
34 Red Sea gulf
40 Tidal wave
41 Kind of pleasure
42 Book appendixes
43 With poor grace
47 — room (den)
49 Moon buggy
50 UFO passenger
51 Fraus, in Sp.
52 "I could— — horse!"
53 Frankenstein's gofer
54 Big hairdo
56 "— upon this quiet life!"
58 Glasgow turndown
59 Convene
60 Part of TNT

Yesterday's answer

Interactive Crossword

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle. It's that easy!



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American runners stand tallest this Patriots Day

Boston Marathon. Meb Keflezighi became the first American to win the men's race since 1983.

Runners dash toward the finish line in downtown Boston on Monday in the 118th running of the Boston Marathon. / NICOLAUS CZARNECKI, METRO

Last year's Boston Marathon bombings brought tears to the eyes of Americans from coast to coast. In the 2014 men's race, West Coast running phenom Meb Keflezighi became the first American male to win Boston since Greg Myer in 1983, and his victory brought smiles, and this time, tears of joy to onlookers that lined Boylston Street.

Chants of "USA! USA! USA!" rang out, along with the sound of church bells, immediately after the San Diego, Calif., native crossed a finish line that had been a sight of grief for Bostonians for more than 365 days.

"It was a phenomenal day," Keflezighi told WBZ-TV. "Even before the bombs exploded last year I told [fellow elite American runner] Ryan Hall that [an American] needed to do it. Then after [the bombs] went off, we knew we had to do it. … God bless America and God bless Boston."

Keflezighi wrote the names Martin, Krystle, Lingzi and Sean on his race bib, honoring the four people who tragically passed due to the events of Boston's week of tragedy in 2013.

"The Star-Spangled Banner" also played along Boylston Street Monday after American Tatyana McFadden, a Russian-born paralympic champion and current Maryland resident, captured the women's wheelchair division title just before 11 a.m.

Marblehead native and Boston favorite Shalane Flanagan was ahead of the pack for the majority of the first hour of the women's race but started lagging behind Kenya's Rita Jeptoo just prior to Heartbreak Hill. Flanagan still finished with a personal-best time of 2:22:02, which was seventh overall. Remarkably, four women smashed the women's course record of 2:20 on Monday.

MATT BURKE
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2014 Boston Marathon

Winners and runners-up in the 118th running of Boston:

- **Meb Keflezighi** (U.S., 2:08:37) edged **Wilson Chebet** (Kenya) in the men's race.
- **Rita Jeptoo** (Kenya, 2:18:57) beat out **Buzunesh Deba** (Ethiopia) in the women's race.
- **Ernst Van Dyk** (South Africa, 1:20:36) won the men's wheelchair race.
- **Tatyana McFadden** (U.S. 1:35:06) won the women's wheelchair race.

3 SPORTS

Ugly start

Buchholz slammed

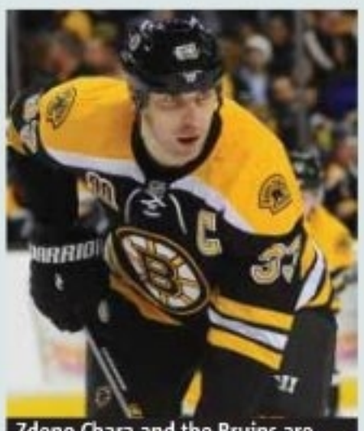
Red Sox starter Clay Buchholz was battered by the Orioles on Monday, allowing six earned runs on seven hits in just 2.1 innings of work in a 7-6 Red Sox loss. The Sox would score a run in each of the final three innings but Buchholz had dug too large of a hole for a Boston comeback. The Red Sox host the Yankees for three games beginning tonight.

Stanley Cup playoffs

Bruins have been 'special' at times

Boston was basically a no-show in Game 1 last Friday but recovered in a big way on Sunday with a 4-1 victory over the Red Wings to even the series at 1. The series now shifts to Detroit's Joe Louis Arena for Game 3 on Tuesday (7:30 p.m., NESN) and Game 4 on Thursday (8 p.m., NESN).

It wasn't discussed much coming into what's expected to be a tight series, but a chief difference between these teams comes on special teams (both the power play and penalty kill). In the regular season, Boston was No. 3 on the power play in the NHL and No. 8 on the penalty kill while Detroit was 18th on the power play and 12th on the penalty kill. Through 120 minutes of hockey in this series, those numbers have held firm. The Bruins are 2-for-5 on the power play after a pair of goals by Reilly Smith and Zdeno Chara, while the Red Wings are 0-for-6 on the power play.


Zdeno Chara and the Bruins are seeking a 2-1 series lead.
GETTY IMAGES

Bruins head coach Claude Julien spoke highly of his penalty-kill unit's performance, which was impressive considering two of their strongest players in that regard — Chris Kelly and Daniel Paille — have yet to appear.

"We've worked hard to get the penalty kill up to level," Julien said. "We need it to be really good in the playoffs and we've been blessed with many guys that can do it this season." **RICH SLATE**

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You may be eligible to participate in a 2-week study testing to find out if intake of a commonly used food preservative causes changes in levels of insulin and other hormones.

To qualify: You must be healthy, between the age of 18-65 years, without known chronic diseases.

Study Details: Eligible participants will be studied twice after eating a meal containing either a food preservative or a placebo. At each visit, subjects will undergo blood draws.

Only 3 visits required – screening and two assessment visits.

Financial compensation: of up to $100 will be provided for completing the study

For more information, please contact us
at: 617-525-7794 or RCNET@partners.org

Brigham and Women's Hospital, A Teaching Affiliate of Harvard Medical School

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Forsyth

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• Over 25 years old, with bleeding gums • Gum disease

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IF YOU ARE INTERESTED
Please call or email for more information:
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The Forsyth Institute
245 First Street, Kendall Square,
Cambridge, MA 02142

BRIGHAM AND WOMEN'S HOSPITAL

Do you have Psoriasis?

Brigham & Women's Hospital is currently seeking volunteers to participate in a clinical trial for adults with psoriasis. The study will **evaluate the efficacy of Enbrel®** in patients with moderate to severe plaque psoriasis **who have lost a satisfactory response to Humira® within the last six months.**

We need participants:

- 18 years of age and older
- With moderate to severe plaque-type psoriasis
- Who have lost their satisfactory response to Humira®
- Who can attend approximately 9 clinic visits over 6 months
- Are willing and able to complete subject questionnaires

Qualified participants may receive:

- Study-related evaluations and labs
- Study medication
- Compensation for participation for time and travel.

Call us at (617)732-6378

Confidentiality Maintained
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Joslin Diabetes Center

Do you have Type 1 Diabetes and Kidney Problems?

You may be able to participate in a research study if you:

- ☑ Have been diagnosed with type 1 diabetes before age 35
- ☑ Are between the ages of 18-65
- ☑ Have had diabetes for more than 8 years
- ☑ Have been told by a physician to have kidney problems related to diabetes (e.g., increased proteins or albumin in the urine)

Study involves:

- ☑ Taking study medication
- ☑ Kidney function tests
- ☑ 17 visits at the Joslin over 3 years
- ☑ Physical exams
- ☑ Blood and urine tests
- ☑ ECG

Monetary compensation and free parking provided

For more information
Call 617-309-4760

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SUFFER FROM OCD?

Do you or does someone you know suffer from obsessive-compulsive disorder?

Adams Clinical Trials is conducting a study of an investigational medicine in adults with OCD.

Participants may be compensated up to $100 per completed visit in the 14 visit study.

Please call (617) 387-1706 or visit adamsclinical.com to learn more or sign up.

Do you have knee pain from osteoarthritis?

If you are experiencing moderate to severe pain that is not effectively controlled by your current medication we invite you to learn more.

To qualify, you must:

- Be at least 35 years old • Have been diagnosed with osteoarthritis in one or both knees
- Have been taking a chronic pain medication at least 4 days/week for the past month

Qualified participants will receive all study-related care at no cost. Insurance is not required and compensation for time and travel may be available.

To learn more, please contact:
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MASSACHUSETTS GENERAL HOSPITAL

Looking for Overweight Adults without diabetes for a Clinical Research Study

If you are between the ages of 18 and 55 years and are overweight without diabetes, you may qualify for a research study to evaluate the effects of a drug called acipimox on mitochondrial function.

Study involves:

- 8 outpatient visits over 7 months. 2 of the visits will last 12 hours.
- Muscle biopsy and MRI tests.
- Up to $800 compensation after completion of the study

For more information, please call Caitlin at (617) 643-4420

Cambridge Health Alliance

Do you currently receive Suboxone or Methadone?

We are seeking participants for a clinical research study involving Suboxone and Methadone.

You will be paid for your time if you complete the study.

Please contact us to see if you qualify

(617) 591-0907
Jborodovsky@challiance.org

FEEL DEPRESSED?

Do you or does someone you care for feel sad, lonely, or irritated?

Adams Clinical Trials is conducting a study on depression in people age 65 and over. Participants may be compensated up to $100 per completed visit in the 14 visit study.

Please call (617) 387-1706 or visit adamsclinical.com to learn more or sign up.

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General Help Wanted

Cape Air

Do you want to work at Logan Airport this summer?
CAPE AIR IS NOW HIRING!
Seeking PT and FT seasonal employees to work the ticket counter & on the ramp. Applicants must have excellent computer, communication & customer service skills, be able to lift 70lbs, hold a valid US driver's license & be over the age of 18. Come join the fun and energetic Cape Air team- immediate openings available!
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www.capeair.com/jobs!

DUNKIN' DONUTS

Dunkin' Donuts stores located in Boston and at Logan Airport are hiring sales/crew members for all shifts; overnight, morning and evening. P/T and F/T available. Training will be provided. Transportation available for early morning (3:30am) shifts at Logan Airport. Good pay and benefits (401K, vacation, health and dental insurance).

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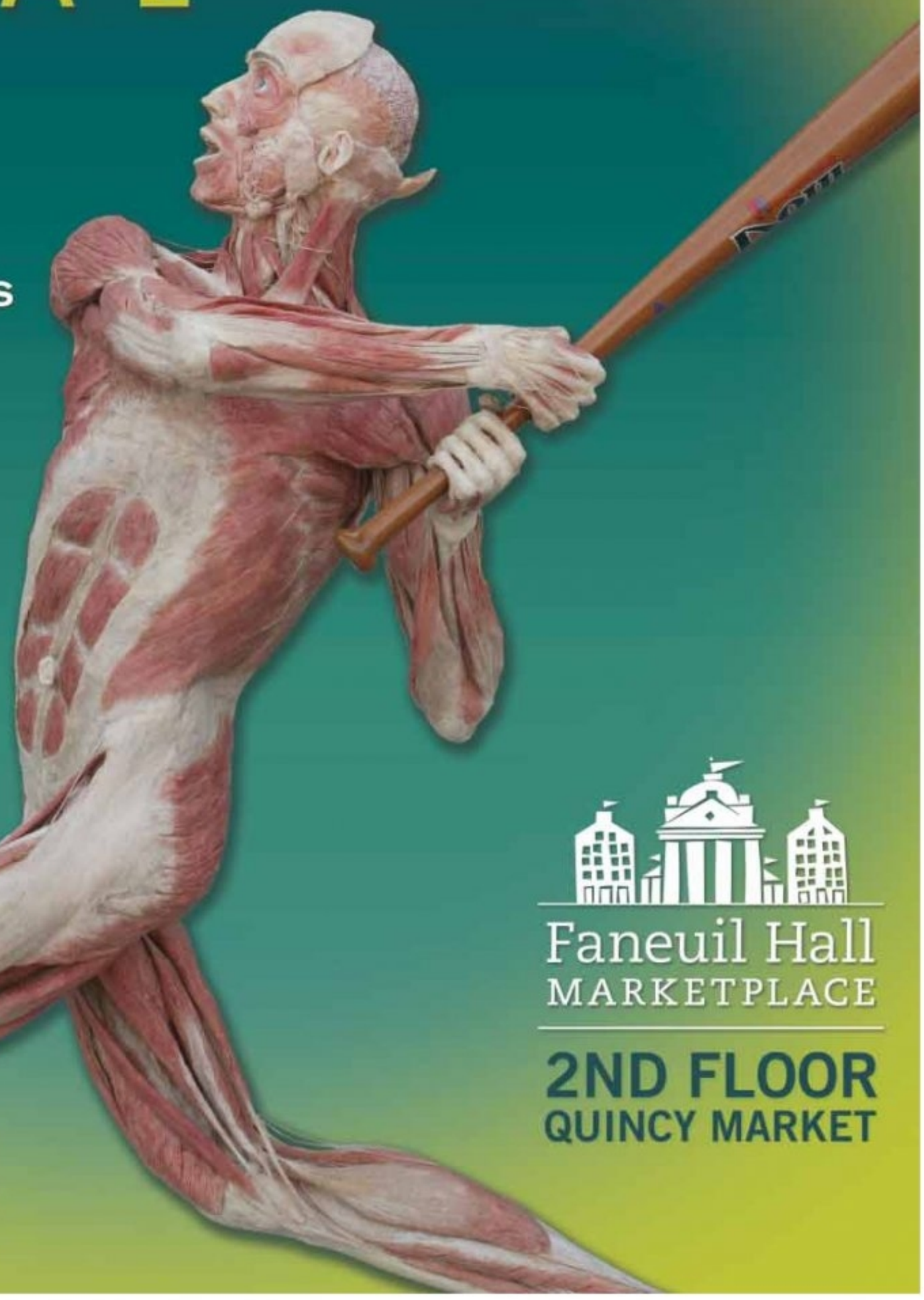

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